Centers for Disease Control and Prevention Center for Preparedness and Response



Lyme Disease Updates and New Educational Tools for Clinicians

Clinician Outreach and Communication Activity (COCA) Webinar

Thursday, May 20, 2021

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All continuing education for COCA Calls is issued online through the CDC Training & Continuing Education Online system at https://tceols.cdc.gov/

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- CDC did not accept commercial support for this continuing education activity.

Objectives

At the conclusion of today's session, the participant will be able to accomplish the following—

- Describe populations at risk of contracting Lyme disease in the United States.
- 2. Describe early signs and symptoms of Lyme disease.
- 3. Identify the appropriate use of diagnostic tests for Lyme disease.
- 4. Cite the appropriate use of antibiotics to treat Lyme disease.
- 5. Effectively promote clinician and patient education on early signs and symptoms of Lyme disease, tick bite prevention, and post-exposure prophylaxis.

To Ask a Question

- Using the Zoom Webinar System
 - Click on the "Q&A" button
 - Type your question in the "Q&A" box
 - Submit your question

- If you are a patient, please refer your question to your healthcare provider.
- If you are a member of the media, please direct your questions to CDC Media Relations at 404-639-3286 or email media@cdc.gov.

Today's Presenter



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Division of Vector-Borne Diseases

Centers for Disease Control and Prevention



Lyme Disease Updates & New Educational Tools for Clinicians

Grace E. Marx, MD, MPH

LCDR, U.S. Public Health Service Medical Epidemiologist, Bacterial Diseases Branch Division of Vector-Borne Diseases, CDC

Clinician Outreach & Communication Activity (COCA) Webinar May 20, 2021



Objectives

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- Describe early signs and symptoms of Lyme disease.
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Background

Lyme Disease & Populations At Risk

Lyme Disease Pathogen: Borrelia species



Lyme disease is caused by a bacterial infection with certain *Borrelia* species.

Motile, spiral shaped bacteria (spirochete)

Lyme Disease Transmission

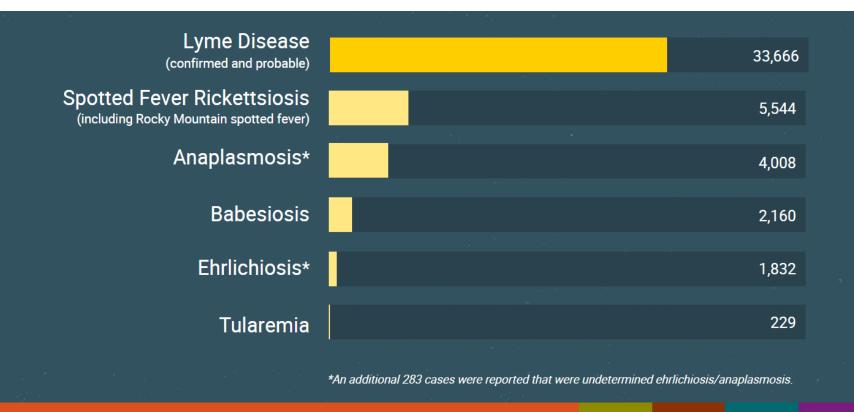
Lyme disease is transmitted by the bite of a tick infected with *Borrelia spp.*

Transmission occurs:

- After an infected tick has been attached for at least 24 hours.
- Most transmission occurs after 36 hours of attachment.

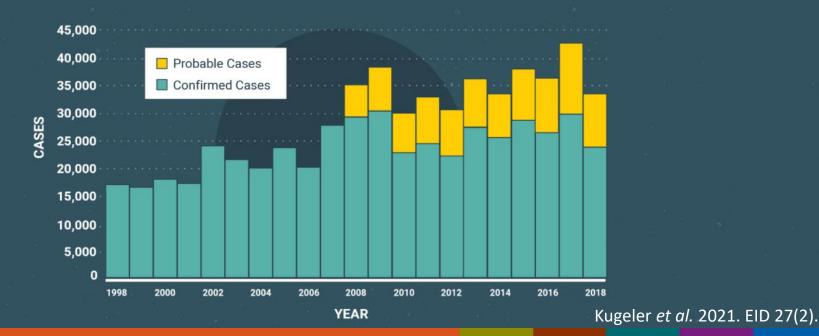


Most Common Reported Tickborne Diseases, 2018



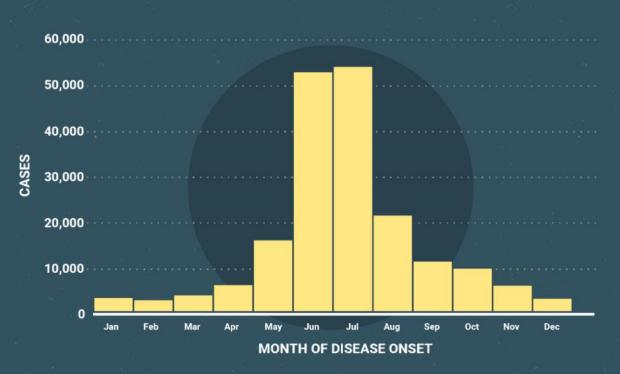
Lyme Disease Reported Cases

- Each year, approximately 30,000-40,000 cases of Lyme disease are reported to CDC.
- Approximately 500,000 people per year are diagnosed and treated for Lyme disease.



Lyme Disease Seasonal Risk

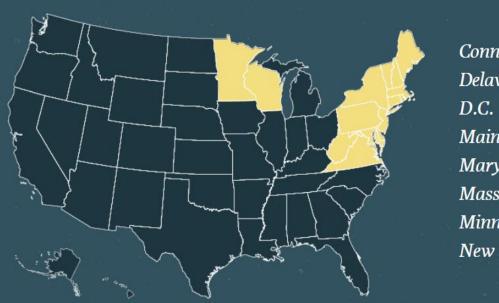




- Most cases occur in the summer months.
- Infection is possible yearround.

Lyme Disease: Geographic Distribution

95% of reported Lyme disease cases are from 15 states and D.C.



Connecticut

Delaware

Maine

Maryland

Massachusetts

Minnesota

New Hampshire

New Jersey

New York

Pennsylvania

Rhode Island

Vermont

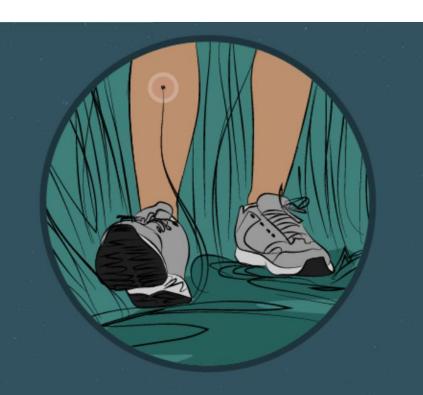
Virginia

West Virginia

Wisconsin

Lyme Disease Vector

- Ticks do not jump, fly, or drop from trees.
- Ticks wait for a host, resting on the tips of grasses and shrubs.
 - When a person brushes against a tick, it quickly climbs on.
 - It then finds a suitable place to attach itself.



Lyme Disease Vector

Relative sizes of the blacklegged tick and Western blacklegged tick life stages:











Emergency Department Visits for Tick Bite are Common

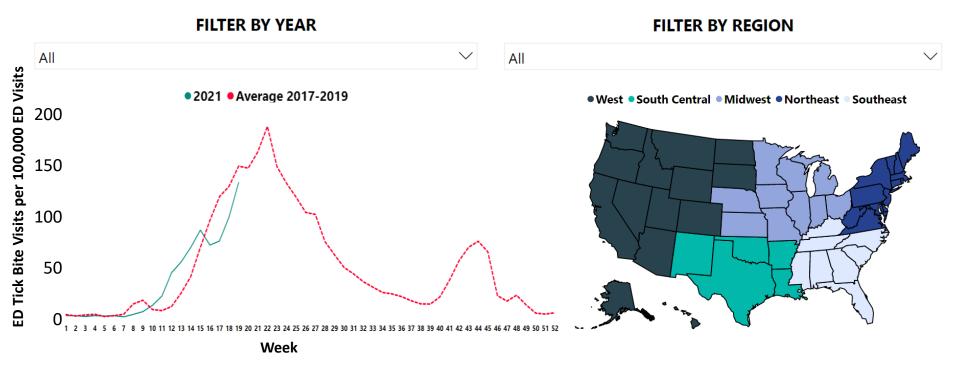
During 2017 – 2019:

149,364 total ED visits

(49 per 100,000 ED visits)



CDC's New Tick Bite Data Tracker







Clinical Management of Tick Bites

Tick Removal & Lyme Disease Prophylaxis

Guidance for Clinicians

Recommendations for Patients after a Tick Bite

When a patient seeks care after a tick bite, topics to discuss should include:



Tick removal



Lyme disease prophylaxis



Symptom watch

Tick Removal







Use fine-tipped tweezers to grasp the tick as close as possible to the skin's surface.

Tick Removal



Use fine-tipped tweezers to grasp the tick as close as possible to the skin's surface.



Pull upward with steady, even pressure. Do not twist or jerk the tick.



Tick Removal



Use fine-tipped tweezers to grasp the tick as close as possible to the skin's surface.



Pull upward with steady, even pressure. Do not twist or jerk the tick.



After removing the tick completely, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.

Post-Exposure Prophylaxis (PEP) to Prevent Lyme Disease

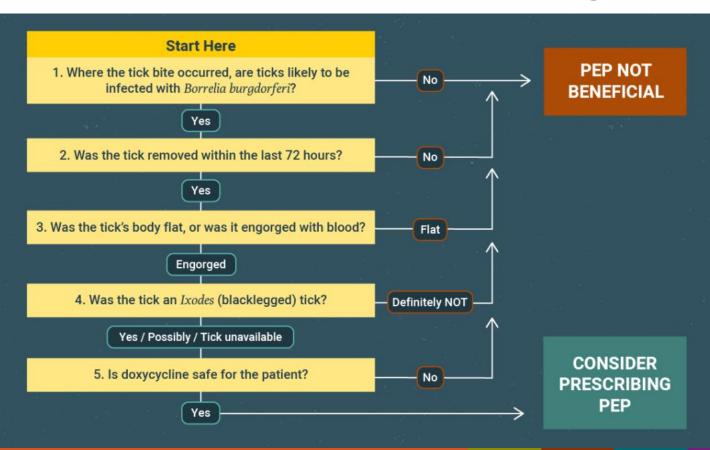
Most tick bites do **NOT** transmit disease, so antimicrobial PEP is not routinely recommended.

However, PEP can be appropriate after high-risk tick bites.

Questions to Determine if Lyme Disease PEP is Appropriate

- 1. Where the tick bite occurred, are ticks likely to be infected with *Borrelia burgdorferi?*
- 2. Was the tick removed within the last 72 hours?
- 3. Was the tick's body flat, or was it engorged with blood?
- 4. Was the tick an *Ixodes* (blacklegged) tick?
- 5. Is doxycycline safe for the patient?

Lyme Disease PEP: Clinical Decision-Making Aid



Post-Exposure Prophylaxis (PEP) to Prevent Lyme Disease

| Age Category | Drug | Dosage | Maximum | Duration |
|--------------------------------------|-------------|------------------|---------|----------|
| Adults | Doxycycline | 200 mg orally | N/A | Once |
| Children weighing less than 45 kg | Doxycycline | 4.4 mg/kg orally | 200 mg | Once |

Doxycycline safety among children:

Short courses (<21 days) are safe to use in children of ALL ages.

After a Tick Bite

- Advise the patient to return immediately for clinical evaluation if symptoms occur.
- It is possible that a patient may still be in the incubation period for a tickborne disease when they present for care.

Symptoms to watch for:

- Fever.
- Rash.
- Malaise.

Should Removed Ticks Be Tested for Pathogens?

- Tick testing is NOT recommended as a diagnostic tool.
- Results should not be used as a proxy for tickborne disease testing in patients.
 - Results can lead to decisions about antibiotic treatment without conclusive evidence of patient infection.

Tick Bite Prevention Counseling

- Use EPA-registered insect repellents.
- Perform daily tick checks.
- Bathe within 2 hours after coming indoors.
- Put clothes in dryer on high heat after coming indoors to kill ticks.
- Avoid tick habitat.
- Prevent tick bites in pets.
- Reduce tick habitat through yard management.



Lyme Disease Vaccination

- No vaccine currently available.
- The LYMERix vaccine was available between 1998 and 2002.
 - Safe and effective.
 - Pulled from the market in 2002.
- New vaccines are in development and may be available soon.
 - The vaccine will only be effective against Lyme disease, not against other tickborne diseases.



Lyme Disease

Early Signs & Symptoms

Lyme Disease: Clinical Overview

Lyme disease is a multiphase, multisystem disease.

Untreated Lyme disease can progress from:

Early Localized Disease



Early Disseminated Disease



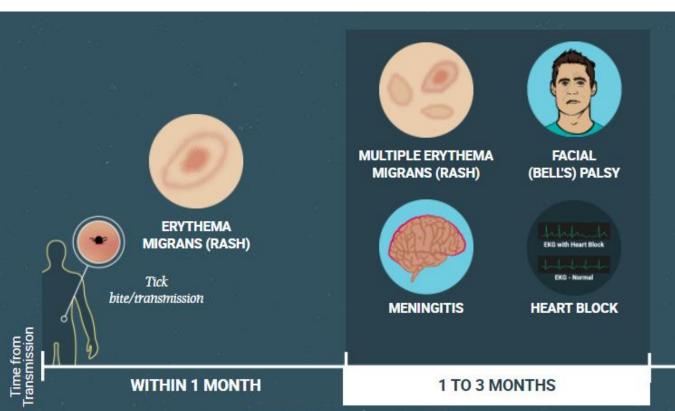
Late Disseminated Disease

Typical Lyme Disease Manifestations



Please note: This timeline is a generalization. Disease manifestations and onset can vary from person to person.

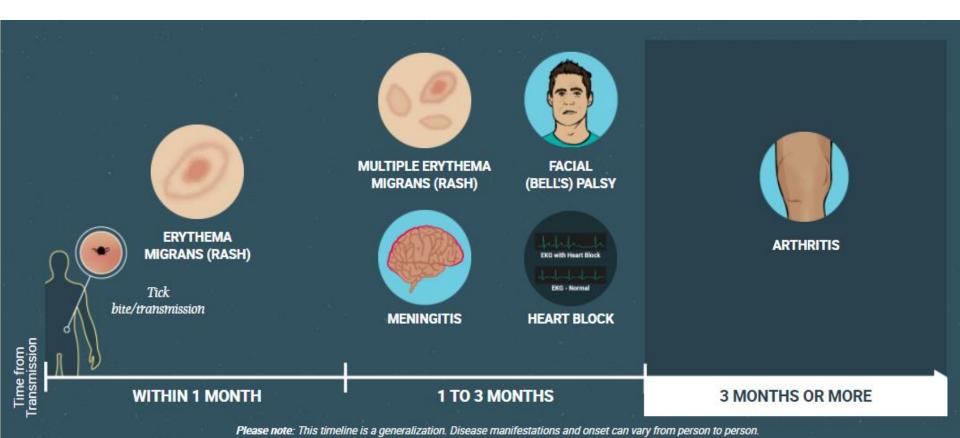
Typical Lyme Disease Manifestations



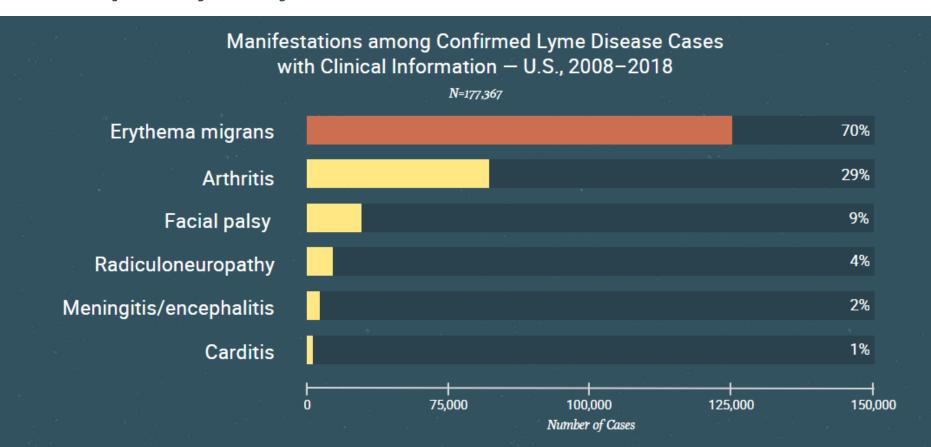
Please note: This timeline is a generalization. Disease manifestations and onset can vary from person to person.

3 MONTHS OR MORE

Typical Lyme Disease Manifestations



Frequency of Lyme Disease Manifestations



Erythema Migrans



Disseminated Lyme Disease

 Some patients develop disseminated Lyme disease with no history of a preceding EM rash. Up to

1/2 of patients

may not be aware of a prior tick bite.

Erythema Migrans



- Typical patch is round and erythematous.
 - Can be warm
 - Rarely painful or itchy
- Expands slowly over multiple days.
 - Usually >5 cm in diameter
 - May be up to 30 cm in diameter
- Central clearing can occur as the rash enlarges.
 - Sometimes results in a bull's-eye appearance

Erythema Migrans in People with Darker Skin Tones



Darker, expanding leision

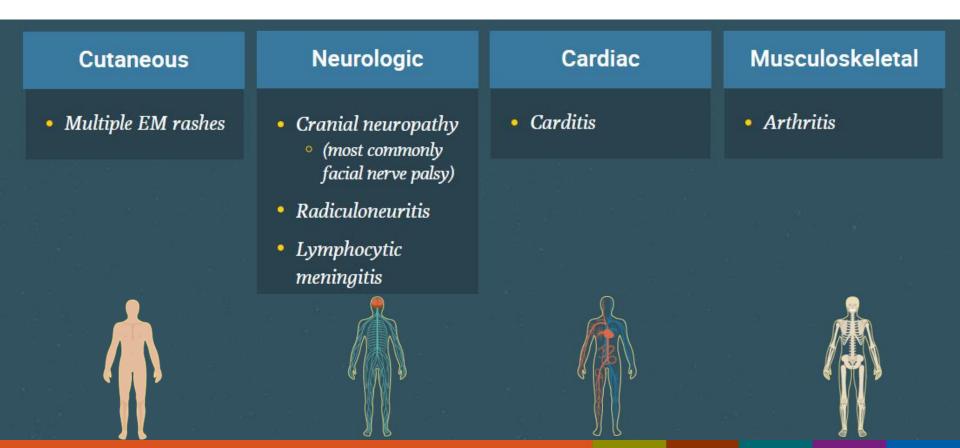


Typically circular



Can have central clearing

Disseminated Lyme Disease



Lyme Disease Reinfection

- Reinfection can occur when a patient is bitten by another infected tick.
- Counsel your patients on the risk of reinfection.
- Educating patients with Lyme disease about tickborne disease prevention is important!



Lyme Disease Coinfection with other Tickborne Diseases



Blacklegged ticks may also transmit pathogens that cause:

- Anaplasmosis
- Babesiosis
- Ehrlichiosis
- Borrelia miyamotoi disease
- Borrelia mayonii (Lyme disease)
- Powassan virus disease

Risk of coinfection is geographically localized. If you are concerned that your patient might have a coinfection, talk to your local public health department to learn about the risk in your area.

Lyme Disease Coinfection with other Tickborne Diseases

Consider coinfection when a patient presents with unusual or more severe symptoms including:





Gastrointestinal complaints



Laboratory abnormalities suggesting hemolysis
Anemia, elevated LDH, elevated indirect bilirubin

- Might suggest babesiosis.
- Different medications may be needed.



Specific cytopenias
Neutropenia, leukopenia, thrombocytopenia

Might suggest anaplasmosis.



Lyme Disease Diagnosis & Testing

Interpretation of Lyme Disease Serologic Test Results

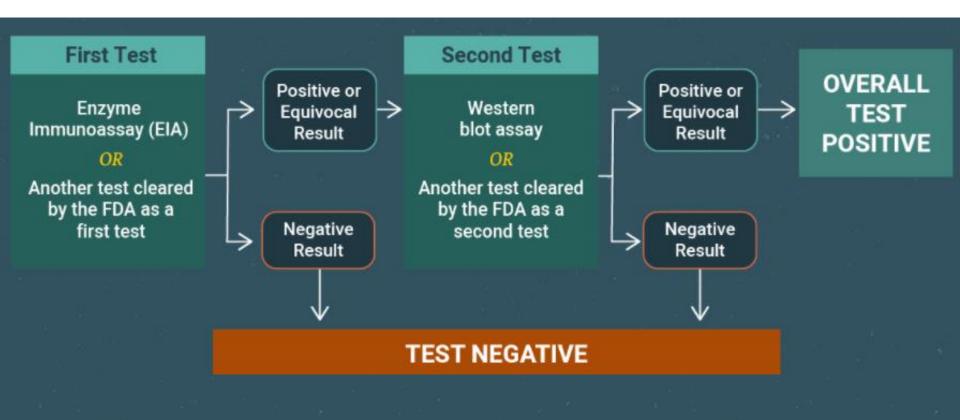




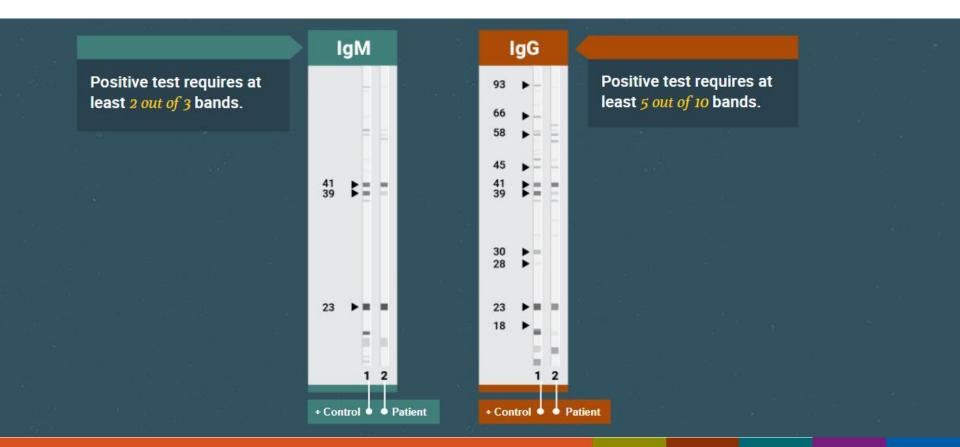


- CDC recommends diagnostic tests for Lyme disease that have been evaluated and cleared by the FDA.
- Two-step serologic tests are the only FDA-cleared test for Lyme disease.
- APHL provides suggested laboratory reporting and provider interpretation for Lyme disease serologic test results.

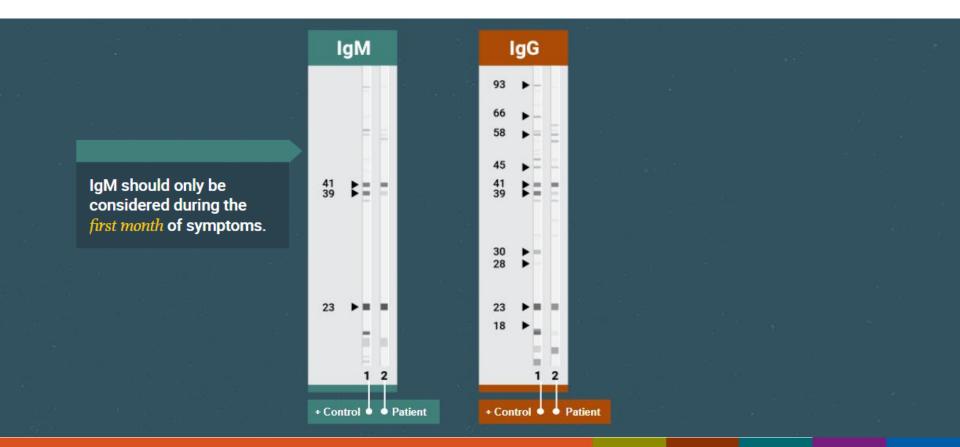
Two-Step Lyme Disease Serologic Testing



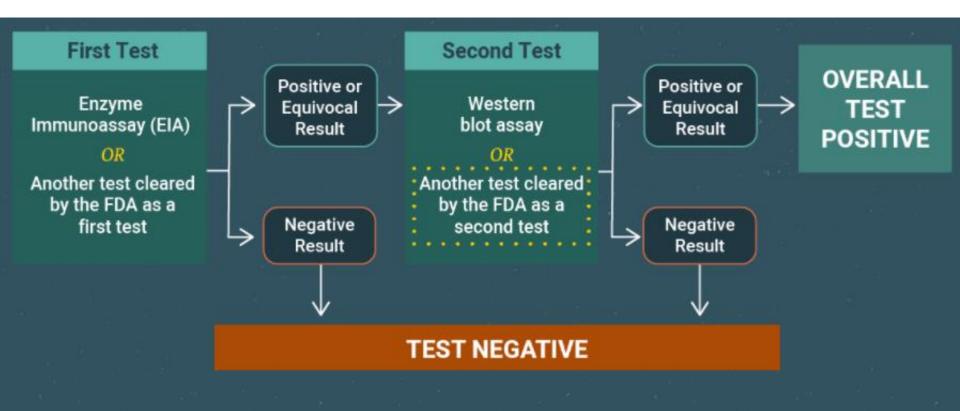
Western Blot for Lyme Disease



Western Blot for Lyme Disease



Modified Two-Step Serology Protocol



Modified Two-Step Serology Protocol

EIA tests can be conducted sequentially or simultaneously

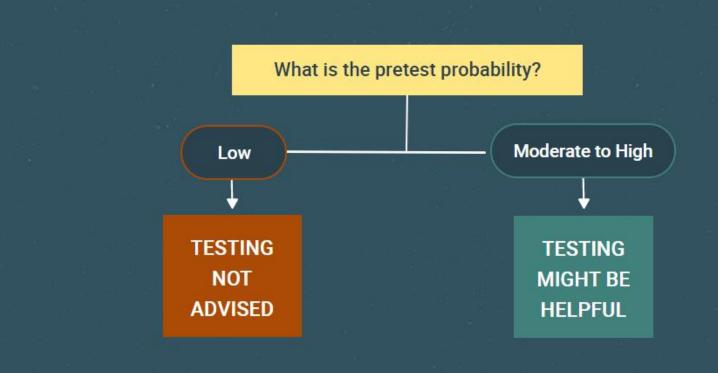
Advantages of using an EIA:

- Greater objectivity of test result interpretation.
- Lower burden on laboratory personnel (less time-intensive).

- 1. What is the pretest probability?
- 2. What is the disease stage?

Clinical Questions to Determine Pretest Probability

- 1. Has the patient been in an area where Lyme disease is common?
- 2. Was the patient likely exposed to ticks?
- 3. Does the patient have symptoms that are characteristic of Lyme disease?

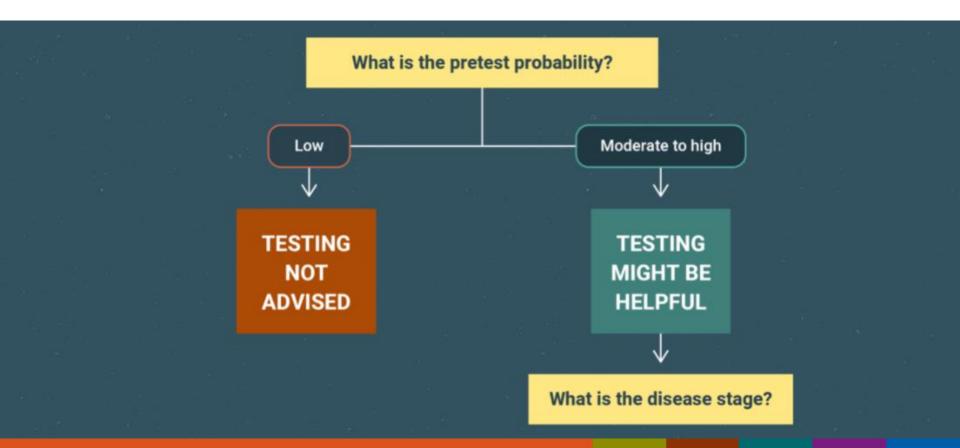


Why **NOT** test when pretest probability is **LOW**?

Low pretest probability increases the risk of false positive test results.

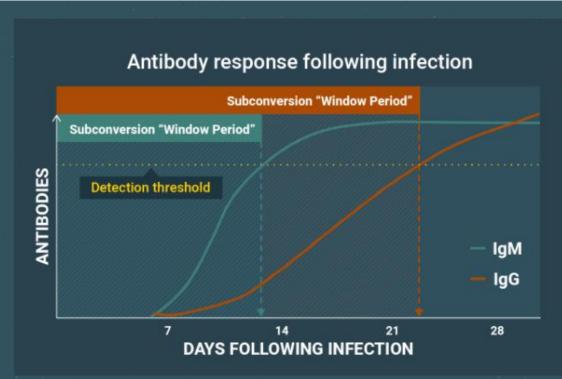
Misdiagnosis can result in:

- Unnecessary treatment
- Patient anxiety
- Failure to treat the true cause of illness



Test Sensitivity by Manifestation of Lyme Disease

| Lyme Disease Stage | Test Sensitivity | |
|--|------------------|--|
| Early Localized (erythema migrans (EM) rash) | Poor | |
| Early Disseminated (multiple EM rashes; facial palsy; carditis) | Very Good | |
| Late Disseminated (arthritis) | Excellent | |



Understanding the Window Period

- Serologic testing is based on antibody detection.
- Can take several weeks for antibodies to develop after initial infection with Lyme disease.
- Low serologic test sensitivity at early stage Lyme disease is due to lack of antibodies during the window period.

Lyme Disease Test of Cure?

Serial Lyme disease serology tests to monitor or establish adequate response to treatment is **NOT** clinically helpful.



Lyme Disease

Clinical Management & Treatment

Lyme Disease Treatment Overview



- Lyme disease can be treated effectively with antibiotics.
- Recommended antibiotic regimens range in duration from 10 days to 4 weeks.
- Most patients have complete resolution of illness following treatment, but sequelae are possible, especially when patients are diagnosed and treated at later stages of disease.

Treatment for Erythema Migrans

| Age Category | Drug | Dosage | Maximum | Duration (days) |
|--------------|-------------------|--|-----------------|-----------------|
| Adults | Doxycycline OR | 100 mg, twice per day orally | N/A | 10-14 |
| | Amoxicillin OR | 500 mg, three times per day orally | N/A | 14 |
| | Cefuroxime axetil | 500 mg, twice per day orally | N/A | 14 |
| Children | Doxycycline OR | 4.4 mg/kg per day orally, divided into 2 doses | 100 mg per dose | 10-14 |
| | Amoxicillin OR | 50 mg/kg per day orally, divided into 3 doses | 500 mg per dose | 14 |
| | Cefuroxime axetil | 30 mg/kg per day orally, divided into 2 doses | 500 mg per dose | 14 |

Lyme Disease Treatment Considerations



Doxycycline safety in children

- Short courses are safe to use in children of all ages
- No evidence that ≤ 21 days of doxycycline causes tooth staining in children

Treatment for Neurologic Lyme Disease

| | Age Category | Drug | Dosage | Maximum | Duration (days) |
|------------------|--------------------|-------------------|--|-----------------|-----------------|
| Facial palsy | Adults | Doxycycline | 100 mg, twice per day orally | N/A | 14-21 |
| | Children (any age) | Doxycycline | 4.4 mg/kg per day orally, divided into 2 doses | 100 mg per dose | 14-21 |
| | Adults | Doxycycline OR | 200 mg per day orally, divided into 1 or 2 doses | N/A | 14-21 |
| Meningitis or | | Ceftriaxone† | 2 grams intravenously, once a day | N/A | 14-21 |
| Radiculoneuritis | Children (any age) | Doxycycline OR | 4.4 mg/kg per day orally, divided into 1 or 2 doses | 100 mg per dose | 14-21 |
| | | Ceftriaxone† | 50-75 mg/kg intravenously, once a day | 2 grams per day | 14-21 |

[†] Oral therapy can be substituted when the patient is stabilized or discharged to complete the course.

Treatment for Lyme Carditis

Patients presenting with suspected Lyme carditis should receive IMMEDIATE care and treatment.

Do NOT wait for Lyme serology results.

Treatment for Lyme Carditis

Mild = 1st degree AV block with PR interval <300 milliseconds

Severe = symptomatic; 1st degree AV block with PR interval >300 milliseconds; 2nd or 3rd degree AV block

| | Age Category | Drug | Dosage | Maximum | Duration (days) |
|--------|--------------------|-----------------------|--|-----------------|-----------------|
| Mild | Adults | Doxycycline OR | 100 mg, twice per day orally | N/A | 14-21 |
| | | Amoxicillin OR | 500 mg, three times per day orally | N/A | 14-21 |
| | | Cefuroxime | 500 mg, twice per day orally | N/A | 14-21 |
| | Children (any age) | Doxycycline OR | 4.4 mg/kg per day orally, divided into 2 doses | 100 mg per dose | 14-21 |
| | | Amoxicillin OR | 50 mg/kg per day orally, divided into 3 doses | 500 mg per dose | 14-21 |
| | | Cefuroxime | 30 mg/kg per day orally, divided into 2 doses | 500 mg per dose | 14-21 |
| Severe | Adults | Ceftriaxone† | 2 grams intravenously, once a day | N/A | 14-21 |
| | Children (any age) | Ceftriaxone† | 50-75 mg/kg intravenously, once a day | 2 grams per day | 14-21 |

[†] Oral therapy (using an agent as for erythema migrans) can be substituted when the patient is stabilized or discharged to complete the course.

Treatment for an *Initial Episode* of Lyme Arthritis

| Age Category | Drug | Dosage | Maximum | Duration (days) |
|---------------------------|----------------|--|-----------------|-----------------|
| Adults | Doxycycline OR | 100 mg, twice per day orally | N/A | 28 |
| | Amoxicillin OR | 500 mg, three times per day orally | N/A | 28 |
| | Cefuroxime | 500 mg, twice per day orally | N/A | 28 |
| Children ≥8 years old | Doxycycline OR | 4.4 mg/kg per day orally, divided into 2 doses | 100 mg per dose | 28 |
| | Amoxicillin OR | 50 mg/kg per day orally, divided into 3 doses | 500 mg per dose | 28 |
| | Cefuroxime | 30 mg/kg per day orally, divided into 2 doses | 500 mg per dose | 28 |
| Children <8 years old* | Amoxicillin OR | 50 mg/kg per day orally, divided into 3 doses | 500 mg per dose | 28 |
| | Cefuroxime | 30 mg/kg per day orally, divided into 2 doses | 500 mg per dose | 28 |

^{*} There are limited safety data for use of doxycycline for more than 21 days in children under the age of 8 years.

Treatment for Lyme Arthritis

For patients with Lyme arthritis who have an incomplete response after the first course of antibiotics, a second course of antibiotics can be considered.

Lyme Disease Treatment Considerations

- Factors to consider when selecting which antibiotic to prescribe (doxycycline, amoxicillin, or cefuroxime):
 - Dosing
 - Side effects
 - Patient's allergy profile
- Doxycycline is also effective treatment for other tickborne diseases including anaplasmosis, ehrlichiosis, Rocky Mountain spotted fever, and Borrelia miyamotoi

Lyme Disease Treatment Considerations



Post-Treatment Considerations

Most patients with Lyme disease recover completely within **WEEKS** to **MONTHS** after a course of antibiotic treatment.

Post-Treatment Considerations

About 1 in 20

treated patients may
experience pain,
fatigue, or difficulty
thinking that lasts for
more than six months
after finishing
treatment.

Post-Treatment Considerations

There is no proven treatment for post-treatment symptoms:

 Additional prolonged antibiotics have not been shown to improve long-term outcomes

Long-term antibiotic therapy has the potential to cause serious side-effects, including:

- Infectious diarrhea
- Antibiotic resistance
- Line-associated infections

More than two
courses of antibiotics
are **NOT**recommended for the
treatment of Lyme
disease.

How can I care for my patients who are receiving treatments that are not recommended for Lyme disease?

Listen

Ask

Review Diagnostic History

Review
Treatment Course

Examine

Evaluate Risk for Lyme Disease

- Listen to the patient's story.
- Ask about the Lyme disease diagnostic history, and review treatment course.
- Conduct a thorough physical exam.
- Together, review risks and benefits of treatment.
- Explain about any potential adverse effects of treatments that are not recommended for Lyme disease.
- Evaluate risk of Lyme disease and consider alternate diagnoses.



CDC Clinician Tools & Patient Education

- Online Lyme disease modules with CE COMING SOON!
 www.train.org/cdctrain
- Tick Bite Data Tracker
 www.cdc.gov/ticks/tickEDvisits
- What to do after a tick bite <u>www.cdc.gov/lyme/resources/FS-Guidance-for-Clinicians-Patients-after-TickBite-508.pdf</u>
- Ticks & Tickborne Diseases Manual https://www.cdc.gov/ticks/tickbornediseases/index.html





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Today's COCA Call Will Be Available On-Demand

When: A few hours after the live call

What: Video recording

Where: On the COCA Call webpage at

https://emergency.cdc.gov/coca/calls/2021/callinfo_052021.asp

Upcoming COCA Calls / Additional COVID-19 Resources

Next Scheduled COCA Calls

- Thursday, May 27 (2-3 PM ET): Underlying Medical Conditions and Severe COVID-19 (https://emergency.cdc.gov/coca/calls/2021/callinfo_052721.asp)
- Thursday, June 3 (2-3PM ET): Evaluating and Caring for Patients with Suspected Long COVID (https://emergency.cdc.gov/coca/calls/2021/callinfo_060321.asp)
- Free CE will be offered
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As-needed messages that provide specific, immediate action clinicians should take. Contains comprehensive CDC guidance so clinicians can easily follow recommended actions.

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